

## TOTALLY TEENS HEALTH CENTER

Leadership in Building "TEENS" a Healthier Tomorrow

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### Totally Teens Health Center

Did you know a Health Center exists in Catawba County that specifically addresses the needs of today's teen?

The Totally Teens Health Center is located at the Catawba County Public Health Department and is the ONLY clinic in Catawba County that serves just teens and their friends.

The Totally Teens Health Center is a component of the Catawba County Adolescent Health Partnership with Catawba Pediatric Associates, all three-school systems, and other community agencies.

We are a school linked health center serving teenagers 13 to 21

- Primary health care, including well physicals, sports and job physicals, college physicals, immunizations, and health information.
- Counseling about getting along with friends, handling loss, depression, and managing stress.
- Nutritional services about controlling your weight and making healthy food choices.
- Emergency care 24 hours a day through physician back up and coverage provided by Catawba Pediatrics.
- A school-based health clinic at Catawba Valley High School for those students enrolled there only.
- Appointments within a 1-2 days.
- Accepting Medicaid, Health Choice, Self-Pay and some private insurance.

A parental consent form must be signed before being seen at the health center. The parental consent and other information is available on-line and can be accessed at [www.catawbacountync.gov/totally/totally.htm](http://www.catawbacountync.gov/totally/totally.htm) for your convenience.

Parents are welcome and encouraged to accompany their adolescent to any visit.

The goals of Totally Teens Health Center are:

1. To educate the community about the gaps in adolescent care and the importance and benefits of preventive health care.
2. To identify adolescents who are not currently receiving timely and adequate health services.
3. To provide adolescents and their families with competent and developmentally relevant services that will enhance the health and well being of today's teens.

So, come in and experience Catawba County's best kept secret...

We're the Totally Teens Health Center located at the Catawba County Public Health Department, (behind Catawba Valley Medical Center)... "Providing Leadership in Building TEENS a Healthier Tomorrow".

## **Back to School: Your Sports Physical**

Participating in a sport can enhance your fitness and coordination, increase your self-esteem, and provide a positive social experience. However, you don't want to participate if you have any physical problems that could be made worse by playing a sport. The purpose of the sports physical is not to exclude athletes from participation, but instead, your sports physical is intended to promote SAFE participation. A PRE-PARTICIPATION SPORTS PHYSICAL IS NOT INTENDED TO REPLACE AN ATHLETE'S REGULAR HEALTH MAINTENANCE EXAMINATION. Teens should get a complete health check-up every 1 to 3 years.

In North Carolina, Sports Physical's are good for ONE YEAR. However, the exam should ideally be performed at least 6 weeks prior to pre-season practice. A great time to schedule this exam is during the spring or early summer following the current school year. It's not too late, though! Schedule your physical as soon as you can.

**Totally Teens Health Center wishes you an injury-free and winning 2003-2004 Season!!**



### **Teen Mental Health Problems: What are the warning signs?**

The teen years can be tough for parents and teens. Teens are under stress to be liked, do well in school, get along with their family and make important life decisions. Most of these pressures are unavoidable and worrying about them is natural.

Pay attention if friends or family are troubled feeling very angry most of the time, cry a lot and are anxious or worried a lot more than other teens. Big changes, doing much worse in school, losing interest in things usually enjoyed, changes in sleeping or eating habits, avoiding friends or family and feeling like life is too hard to handle, are signs that your friend or teen may need to talk with someone. Poor concentration, inability to focus, or use of drugs or alcohol are signs which may point to a problem. Other concerns are hurting other people, destroying property, breaking the law, and participating in life threatening activities.

To find help, discuss your concerns with your friend or teen's teacher, school counselor or others such as a family doctor, psychiatrist, psychologist, social worker, religious counselor or nurse.



## **Shocking Facts!**



- Tobacco kills more than 430,000 Americans every year
- Most smokers become addicted before the age of 18
- 3,500 Americans quit smoking every single day
- Unfortunately, 1,200 Americans die every day from smoking
- Tobacco companies spend over \$26 million per day in advertising, and most of it is directed at teens
- Studies show that 1 out of every 3 teenagers who smoke into adulthood will eventually die of a smoking-related disease
- Smoking just 1 cigarette takes 6 to 10 minutes off your life
- On average, non-smokers live about 15 years longer than smokers
- Smoking is the #1 preventable cause of death in the United States

If you want to quit, contact the Tobacco Educator at Totally Teens Health Center.

### **Nutrition Nuggets: Is there too much sugar in your swim suit??**

Have you ever read the food label on a bottle of soda or juice??? Like most of us, you probably just grab what sounds good and drink it. Next time you go to get a soda or juice drink, flip it over and read the label. Why??? Well, chances are you are drinking a lot more sugar than you think. Most juice (100% natural or blended drinks) and sodas are packed with sugar and calories. Here are some examples:

- 20 ounce bottle of soda=250 calories and 68.7 teaspoons of sugar
- 12 ounce can of juice=140 calories and 41 teaspoons of sugar
- 8 ounce juice=160 calories and 39.3 teaspoons of sugar
- 16 ounce juice=320 calories and 78.3 teaspoons of sugar

If you drink two 20 ounce juice or sodas daily, you are getting 500 or more extra calories which is enough to make you gain 1 pound every week!!! So next time you feel thirsty, stop and think before you drink. Water, diet soda, and most sugar free drink mixes are almost no calories. Choosing one of these might be better for your health and keep you looking great in your swim suit this summer!